



## **InfiniSynechis Volume 3, Issue 5, May 2022**

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*Welcome to the 5th issue, Volume 3, of **InfiniSynechis**, a monthly publication of Fearless Hearts Foundation*

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### **Foundation News & Updates**

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*All Foundation News and Updates can be found on the foundation website*

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### **Conscious Living**

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*The Fundamental Things  
The Many Layers of Our Perception*

*We perceive things, events and interactions through a series of lenses.*

*From the moment we were born, we were influenced by our environment. By the time we reach the legal age, layers of conditioning have already shaped our future reactions. These are called automatic reactions.*

*The outside influences on the development of the lenses.*

*Home Life : Parents/Immediate Family*

*Inside the mother's womb, for nine months, a baby is protected. Everything he/she needs is provided for by the mother.*

*When a child is born, outside of the womb he/she is dependent on the parents for his/her survival.*

*As the child grows, an imprinting by the parents begins. As the child is a clean slate, this imprinting would be the first layer of filter.*

*Schooling : School/Teachers*

*When a child begins his formal education, the teachers in the school he goes to would be the second layer of filter.*

*Interaction with others outside of the family :Peers*

*Our interaction with our playmates and friends during our formative years creates an impression on the young mind and is the beginning of social imprinting.*

*Religious Upbringing : Church*

*Depending on the upbringing by our parents we are introduced to a church affiliation which further molds our behavior and reactions depending on affiliation. Thus we classify ourselves as Christians, Mohammedans, Hindus, Jewish, Buddhists etc.*

*As of 2020 there are 4,200 organized religions in the world [1]*

*The oldest religion in the world is Hinduism. The largest is Christianity. [2]*

*Christianity, Islam, Hinduism, Buddhism are the four religions that have the greatest number of followers.*

*Judaism, Shinto, Islam, Sikhism, Confucianism, Jainism, Taoism, Baha'i, and Zoroastrianism are the other religions that have many followers.*

*Each religion has specific rules/belief systems.*

*State*

*Where we were raised also places an imprint. In the US alone we will see differences in people if they were raised in California or in Texas or New York.*

*Country*

*One identifies strongly with the country one is born to and raised in.*

*An individual has accumulated all these silent programs as he or she grows and because these lenses interact with each other in many different ways, it is not easy to recognize them.*

*Unless one makes a conscious effort to realize this complex programming, one will be bound to them and are apt to act mechanically, without realizing them.*

*Expanding our perception, removing the blinds by looking within*

*There is a way to see these pre-programmed responses and that is by being consciously aware moment to moment. This is the ability to “observe” the situation before acting upon it.*

*On the spiritual level from the outside going in, we begin by observing the layers we have accumulated over the years.*

*Body - Mind with all the previous imprints/filters accumulated over the years, conditioned responses to life situations.*

*Our definitions of good and bad/right and wrong were formed when we were really young. This makes us “judgmental” whether we like it or not. Judgment is automatically evoked.*

*We observe our reactions and the thoughts that come with them and more important, we do not identify with them*

*Heart Center*

*When we pay attention to these automatic responses and see them for what they are, we are able to move into the heart center, where love and compassion reside.*

*Until the heart center, we begin to see that each individual is an aperture by which life/existence is expressed.*

*The real center, that which abides in all of us, and by us the many myriad forms of existence can be reached only after we have given up the idea of individuality.*

*[1] [https://en.wikipedia.org/wiki/List\\_of\\_religions\\_and\\_spiritual\\_traditions](https://en.wikipedia.org/wiki/List_of_religions_and_spiritual_traditions)*

*[2] <https://web.archive.org/web/19990422162501/http://www.adherents.com/>*

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*This article is published on the Fearless Hearts Foundation Blog*

*<https://fearlessheartsfoundation.org/fhf-blog/the-many-layers-of-our-perception>*

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## **Philanthropy**

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*The Silent Philanthropists:*

*There are many who contribute to the welfare of others without the desire to be acknowledged for their generosity. To those people, we are grateful. Thank you.*

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## **Business Insights\***

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*Fundamentals of Being in Business*

*We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.*

*<https://fearlessheartsfoundation.com>*

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*Fundamentals of Being in Business*

*Some ideas on increasing your bottom line:*

- 1. Retain current client base*
  - 2. Expand customer base by advertising/seeking the help of happy customers to endorse your products/company*
  - 3. Expand your products offering*
  - 4. The most important: Keep your employees happy*
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*Business Ideas: Adjusting to the Current Business Climate*

*There are many great ideas and there are many businesses that have succeeded and some that have succeeded and then failed.*

*Business/Commerce as a human activity is complex. It is an open system by which people interact with each other.*

*It is not possible to anticipate the effects of current world conditions so it would be prudent to focus on your immediate business environment while keeping an eye on world events.*

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### *Commentary*

*Fortune has published a survey on the World's Most Admired Companies .*

*<https://fortune.com/worlds-most-admired-companies/>*

*Please note that these companies have been in business for many many years.*

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*\*Disclaimer : The information provided in this section of InfiniSynechis is for educational purposes only and not to be considered as Financial Advice.*

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## **Fundraising Announcement**

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*Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the weblink below*

*<https://fearlessheartsfoundation.org/donate>*

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## **Feedback**

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*We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for review.*

*You can download the pdf file of this newsletter here*

[\*download pdf\*](#)

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